

ABSTRACT OF THE DISCLOSURE

A side impact beam for incorporation in a motor vehicle, in particular in a vehicle door, includes a profiled section of sheet metal having at least two longitudinal beads in side-by-side disposition. Each bead has an apex and two flanks depending from the apex, thereby defining an inner flank and an outer flank, wherein the inner flanks of the beads confront one another. The inner flanks are interconnected by a center web and are disposed in V-shaped relationship at an angle from 25° to 60°.